

Session

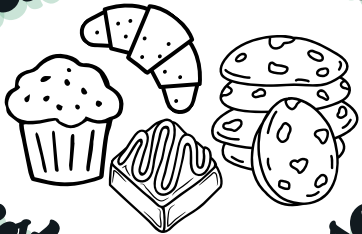
2973 Shore Drive VB, VA 23451 757-904-1492
everything served all day!

SIDE PIECES

House Turkey Sausage.....	4
Bacon / Tempeh.....	4
Root Vegetable Hash.....	4.5
Herbed Crispy Potatoes...	4.5
Two Eggs Your Way.....	3.75
Toast.....	3
Fruit.....	4
Bagel + Cream Cheese.....	5
Fruit + Granola Parfait*.....	6
Vegan Parfait*.....	7
1/2# Chicken Salad.....	10
Brussels Sprouts.....	5
Dijon Cabbage Slaw.....	3.5
Chips.....	2.5

*contains tree nuts

ask about our



pastries + desserts

SMOOTHIES + BEVS!

V = vegetarian as is | VV = vegan as is | GF = gluten free as is
Consuming raw or undercooked meat, eggs, poultry or seafood increases your risk of contracting a food borne illness - especially if you have certain medical conditions. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat

V|GF BREAKFAST FRIED RICE¹²

brown rice, broccoli, carrot, sweet onion, scrambled eggs, pickled red onion, scallion, gochujang aioli

sub vegan just egg +1.5 | add fried egg +1 | add avocado +2.5
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

V|GF THE HERBIE¹²

garlic herb crispy potatoes on a bed of arugula topped with a chili crunch egg, pickled red onion, scallion, shaved parmesan, citrus herb aioli + a dollop of ginger herb coulis

sub vegan just egg +1.5 | sub nooch for parm +1 | add avocado +2.5
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

V|GF ROASTED VEG BOWL¹²

roasted broccoli, root vegetable hash, greens, apple, pickled red onion, egg, scallion, basil + chive dressing

choose: scrambled egg | fried runny | fried hard | vegan egg +1.5
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

VV BELGIUM WAFFLE¹⁰

belgium style waffle served with fresh blueberry, strawberry + banana slices topped with sliced almonds, powerder sugar and warm maple syrup

turkey sausage +2 | thicc bacon +2.5 | tempeh +2.5

THE CLASSIC⁹

a customizable breakfast sammy

choose: plain bagel | everything bagel | croissant | sourdough
choose: cheddar | swiss | pepper jack | vegan cheddar +.50
choose : scrambled egg | fried runny | fried hard | vegan egg +1.5
choose: basil dressing (w) | lemon aioli | habanero crema
gluten free bread +1 or bagel +2 | add avocado + 2.5

house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

V|GF FRITTATA¹⁰

eggs, broccoli, crimini mushroom, red onion, spinach, dill, garlic, cheddar and swiss cheeses

no modifications

house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

HOT BOI¹⁵

roasted chicken, thicc peppered bacon, swiss, roasted bell peppers, greens, habanero crema, garlic flour tortilla

gluten free wrap +1 | sub tempeh bacon +2 | avocado +2.5

VV VEGGIE BANH MI¹²

duxelles, roasted crimini mushrooms, pickled carrot, pickled red onion, jalapeño slices, cilantro, vegan gochujang aioli, sesame baguette

thicc bacon + 2.5 | tempeh bacon +2.5
gluten free +1 | bread or over greens

AVO BLT SALAD¹⁴

mixed greens, cherry tomato, thicc bacon, avocado, green onion, radish, house broccoli sprouts, everything seasoned crooutons, basil + chive dressing

sub tempeh bacon + 2 | chicken or chicken salad +4.5

V BREAKFAST BURRITO^{11.5}

scrambled eggs, root vegetable hash, greens, cheddar, house pico, gochujang aioli, flour tortilla

sub vegan just egg +1.5 | sub vegan cheddar +.50 | gluten free wrap +1
house turkey sausage +2 | thicc bacon +2.5 | tempeh bacon +2.5 | chicken +4.5

LOX BAGEL¹⁴

lox, scallion cream cheese, cucumber slices, red onion, dill, capers, everything seasoning

choose: plain bagel | everything bagel | gluten free bagel +2

CHICKEN SALAD SAMMY¹²

roasted chicken, celery, carrot, green onion, parsley, lemon zest, greens, sesame baguette, topped with walnuts

gluten free bread +1 | over greens +1 | avocado +2.5 | thicc bacon +2.5

THE NANCY¹³

thicc cut turkey, swiss, dijon cabbage slaw, red onion, tangy russian dressing, torched sourdough

thicc bacon +2.5 | gluten free bread +1

V|GF THE GOAT¹³

arugula, blueberries, everything seasoned pistachios, beet juice whipped goat cheese, hemp seeds, arugula, honey dijon vinaigrette

thicc bacon +2.5 | tempeh bacon +2.5 | chicken or chicken salad +4.5

ALL ITEMS SERVED WITH GREENS
SUB ROOT VEGETABLE CHIPS \$1

VV AVOCADO TOAST¹²

avocado, pickled red onion, carrot ribbons, radish, parsley, everything seasoning, basil + chive dressing on toasted sourdough

add egg: scrambled +2 | fried runny +1 | fried hard +1 | vegan egg +2
gluten free bread +1

UP IN THE CLUB¹⁶

chicken salad, turkey, thicc bacon, mozzarella, tomato, arugula + cashew pesto, greens, torched sourdough

gluten free bread +1 | avocado +2.5

CHICKEN CAES'¹³

roasted chicken, greens, cucumber, house broccoli sprouts, parmesan, house caesar choose: sourdough | flour tortilla wrap

gluten free +1 | bread, wrap, over greens
avocado +2.5 | thicc bacon +2.5

VV|GF THE GARDEN¹¹

mixed greens, carrot ribbons, cucumber, cherry tomato, purple cabbage, sunflower seeds, lemon vinaigrette dressing

thicc bacon +2.5 | tempeh bacon +2.5 | chicken or chicken salad +4.5

SMOOTHIES

add vanilla or chocolate protein +2

make it a bowl topped with house granola + fruit + honey | +2

The Warren_G.....7.5

strawberry, pineapple, banana, house oat milk

C.R.E.A.M.....8

house cold brew, peanut butter, banana, cocoa powder, house oat milk

Digable Plants.....8

carrot, baked sweet potato, pineapple, orange, lemon, house oat milk

A Tribe Called Quench.....8

mango, pineapple, orange, lime, coconut, vanilla greek yogurt

Jurassic Fruit.....8.5

dragon fruit, banana, peach, red beet, lime, house oat milk

Ging' + Juice.....8.5

ginger, mango, strawberry, lemon, cayenne pepper, house oat milk

Money Green Leather Sofa.....9

pineapple, banana, spinach, coconut, flaxseed, vanilla greek yogurt

The Blue Print.....9

blueberry, mango, banana, blue spirulina, house oat milk

Aqueminis.....5

for the littles:

berries+banana

pineapple+banana

banana+cocoa powder+honey

COCKTAILS

bloody mary.....8

tito's, zing zang, old bay rim - doesn't miss

screwdriver.....9

tito's, fresh squeezed orange juice

greyhound.....9

tito's, fresh squeezed grapefruit juice

paloma.....9

espolòn, fresh squeezed grapefruit juice, salted rim

mule.....10

tito's or espolòn, ginger beer

fresh margarita.....11

espolòn, fresh squeezed lime juice, sugar in the raw simple, splash of lime soda water, salt + tajin rim

boozy bubbly.....12

mimosa of your choice + a shot of tito's

WINE & CHAMPAGNE



mimosa | mimosa flights.....6|15

ask what juices we have today!

los monteros cava.....6|22

Catalonia, Spain / fine bubbles, fruity, dry

prochaine chardonnay.....7|26

Languedoc-Roussillon, France / unoaked, light acidity, creamy

three brooms sauvignon blanc...8|30

Marlborough, New Zealand / single vineyard, luscious, minerality

olivares jumilla rosado.....7|26

Murcia, Spain / vibrant, juicy, crushable

w.v.v. whole cluster rose.....11|42

Willamette Valley, Oregon / dark cherry, floral, bright

drinks+ dranks

NON-ALCOHOLIC

coffee.....3

house cold brew.....5

spindrift.....3

hot tea.....3

iced tea.....3

BEER + HARD KOMBUCHA

narragansett light lager4

buenaveza salt & lime lager5

purple haze fruited wheat lager5

allagash white witbier5

big wave golden ale5

wapatoolie tropical IPA7

birds of paradise moscow mule cider ...6

midnight painkiller.....7

kombucha | coconut | pineapple | orange | nutmeg